



THE MARKET BASKET

What To Eat Where To Get It How To Cook It



"Poor Man's Beefsteak" Wins Recipe Competition

Food Suggestion by Walkerton
Woman Lands Prize Offered
by News-Times.

Mrs. Myron Chase of Walkerton, St. Joseph county, with her recipe for "Poor Man's Beefsteak" was awarded this week's prize of \$5 for the best food suggestion made to the market basket department of The News-Times during the last week.

The other winners of \$2 prizes are: Mrs. Stuy Lee, 117 N. Main st.; Mrs. Oren Cleveland, Etna Green, Ind.; Mrs. Cress Weldon, 124 Roe st.; Buchanan, Mich.; Mrs. B. Peterson, 113 W. Bowman st., and Mrs. W. F. Qualls, 418 N. St. Louis blvd.

The winning recipe follows:
POOR MAN'S BEEFSTEAK.
Slice as many green tomatoes as needed in one-fourth inch slices and let stand in salt water half an hour. Drain, flour both sides, dip in beaten egg and fry crisp in butter or bacon fat. Season with pepper and more salt if needed. This is delicious and is some saving on the meat bill.

Sincerely yours,
MRS. MYRON CHASE,
Walkerton, Ind.

The next five prize-winning recipes follow:

FISH SALAD.
One quart of any kind of cold, cooked fish, free from bones, skin, and place on a bed of lettuce. Pound yolks of three hard-boiled eggs, and three sardines, bones and skin removed to a smooth paste. Mix this paste with boiled or mayonnaise dressing and pour it over the fish. Garnish with sliced lemon.

MRS. SITAY LEE,
117 N. Main st.

BONELESS BIRD.

One and one-half pounds of tender beef cut in pieces two inches wide and four inches long, on each piece lay a piece of bacon, roll up and fasten with a toothpick; put in skillet with lard and butter, fry till brown, then cover with water. Boil for one and one-half hours. Take two level tablespoons of flour and enough milk to stir, add to broth; when gravy boils pour over meat. Salt and pepper beef before putting bacon in.

MRS. OREN CLEVELAND,
Etna Green, Ind.

Am sending a cake recipe to enter your cooking contest.

ECONOMICAL DEVIL FOOD.
One cup sugar, two tablespoons cocoa, mix; one-half cup lard, cream together, add two yolks and 1 white of eggs, one cup sour milk, one teaspoon soda, one and three-thirds cups flour, vanilla.
Frosting—One cup sugar, one-half cup cold water; boil until it forms thick drops from spoon; add to a beaten white of egg, beat with spoon until it spreads without running.

Yours truly,
MRS. CRESS WELDON,
124 Roe st., Buchanan, Mich.

PEACH SHORT CAKE.

Two cups flour, one-half cup sugar, one-fourth teaspoon salt, two level teaspoons baking powder, one-fourth cup butter, two-thirds cup milk.
Sift flour, add baking powder, salt and sugar; sift three times, rub butter well into the flour, moisten with milk to make a stiff dough, put on a greased pan and bake 15 or 20 minutes. When baked, cut apart, spread with butter, then put sliced peaches between. Canned peaches can be used if desired. Serve with cream and sugar.

MRS. B. PETERSON,
113 W. Bowman st.,
South Bend, Ind.

SLICED PICKLE RELISH.

24 or 36 pickles size of thumb, 12 onions size of walnut; slice and salt and let them stand one hour. Then drain. 3 cupfuls vinegar; 2 cupfuls sugar; 1 teaspoonful turmeric; 1 teaspoonful each of mustard seed, ginger and celery seed. Heat the above, then add pickles and let them come to boil until they turn over. Then can.

Mrs. W. F. Qualls,
418 N. St. Louis blvd.

HONORABLE MENTION.

Recipes which earned honorable mention of the judges are as follows:

NOODLES WITH BREAD CRUMBS.

Make noodles, roll out and let them dry, then cut them and cook in salt water for 15 or 20 minutes. Be sure to have the water boiling.

Mrs. Carrie Home Says:

"Everybody is talking about Federal Bread. Have you ever tried it? My advice is to get acquainted right away."

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when noodles are put in; Then drain through a colander until all the water is out. Take 3 cups of the bread crumbs and fry nice and brown in butter, put noodles on platter and pour bread crumbs over them, and serve.

Mrs. Hardy, 1219 S. 9th st.

CUCUMBER SALAD.

50 medium sized cucumbers, sliced thinly crosswise; 7 tablespoons of salt. Mix with cucumbers and barely cover with water. Let stand 6 hours or over night. Drain and wash salt off in cold water. Mix 2 quarts vinegar, 4 cups granulated sugar, 1/4 teaspoon black mustard seed, 1/4 teaspoon white mustard seed, 1/4 teaspoon celery seed, 1 teaspoon curry powder. Bring this to a boil, then add cucumbers and heat thoroughly and seal while hot. Cucumbers from 5 to 7 inches long can be used with good success.

Mrs. W. R. Smith,
R. R. 4, Niles, Mich.

CURRY PICKLES.

Slice large pickles and let stand in salt three hours.
2 quarts vinegar 4 cups brown sugar, 1 teaspoon curry powder, small piece alum. Add pickles, boil slowly 15 minutes, fill cans and seal while hot.

Mrs. R. G. Denton,
216 S. Logan st.,
Mishawaka, Ind.

MAPLE SPONGE.

Boil 2 cupfuls brown sugar and 1/2 cup hot water to a syrup. Soak 1/2 package plain gelatin in 1 1/4 cups cold water for 15 minutes, add to syrup and dissolve. Allow to cool, then whip in whites of 2 eggs and 1 cupful walnut meats. Serve with custard sauce made of yolks.

Mrs. Arthur Rose,
1117 N. St. Louis blvd.

SLICED SWEET PICKLES.

24 pickles size of finger, 12 onions size of walnut. Slice and salt for one hour. Then take 3 cups sugar, 3 cups vinegar, 1 teaspoon turmeric, 2 teaspoons ginger, 2 teaspoons celery seed, 2 teaspoons mustard seed, put in kettle and heat. Add the sliced pickles and onions which have been thoroughly drained. Reheat slowly to boiling point, but do not boil. Put in jars, seal tightly.

Mrs. Carl E. Schubert,
1022 E. Wayne st.

THE SPOTLESS SHOP

A visit here will convince that this is the bake shop where you buy quality, cleanliness, courtesy, and promptness at a very reasonable cost. Our baking involves using the very best and purest materials under the strictest conditions of cleanliness. Rolls, bread, pies and pastry baked fresh every day.

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CARROT PIE.

1 1/4 cups cooked carrots, 2 eggs, 1 1/4 teaspoon cinnamon, 1/4 cup sugar, 1 1/4 cup milk.
Wash and cook enough carrots to make 1 1/4 cups full, then rub through colander. Beat eggs, add them to carrots, then add sugar and spices. Stir all together, add milk and mix thoroughly and bake in crust of pie paste.

Mrs. L. Saddington,
115 W. Bowman st.

MAPLE SPONGE.

Boil 2 cupfuls brown sugar and 1/2 cup hot water to a syrup. Soak 1/2 package plain gelatin in 1 1/4 cups cold water for 15 minutes, add to syrup and dissolve. Allow to cool, then whip in whites of 2 eggs and 1 cupful walnut meats. Serve with custard sauce made of yolks.

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